

# STRESSED OUT? HAVE NO FEAR, TENSION TAMER IS HERE!

## **Tension Tamer stress management program**

Prevention Partners' stress management program, Tension Tamer, is a self-paced educational program designed to help you reduce and manage stress. This program can be used by an individual or in a group setting. The Tension Tamer program includes the following:

- A manual
- A squeezable stress ball
- Stress dots
- A relaxation cassette

The Tension Tamer program helps you identify sources of stress, identify stress management techniques and carry out a plan of action. Stress management techniques such as progressive relaxation, visualization, breathing and exercise are provided. Each Tension Tamer program is \$10.50. This price includes South Carolina sales tax, and there are no shipping charges.

### **ORDERING INFORMATION**

Name:

Address:

City:

State:

Zip:

Telephone:

E-mail (optional):

Quantity:

Price:

X

\$10.50

Total enclosed:

=

Make check payable to Employee Insurance Program. Sorry, no cash or purchase orders accepted.

Please mail check and entire order form to:

**Prevention Partners  
Employee Insurance Program  
1201 Main Street, Suite 830  
Columbia, SC 29201**

Questions? Call **Prevention Partners** at 803-737-3820.



**South Carolina Budget and Control Board  
Employee Insurance Program**

*The State Health Plan*  
**PREVENTION PARTNERS**